

Resilience Training for Community Volunteers

Strong Not Tough

'Strong Not Tough' is the adult version of the international FRIENDS programme, developed in Australia.

This training will provide individuals with a toolbox of evidence-based approaches designed to enhance their emotional resilience and manage stress more effectively.

These tools will help individuals improve their self-awareness, enhance their emotional literacy, empathy skills and improve peer relations.

Healthy Wexford are offering this course to community leaders across County Wexford. The learning and concepts of the programme using the CBT approach provides an invaluable skillset to share with the wider communities, in their homes, clubs etc.

Supported by:



Healthy
Wexford



Rialtas na hÉireann
Government of Ireland



The Healthy Ireland Fund supported by the Department of Health

Course delivered by



6th March 2024

10am to 5pm

County Hall
Carricklawn, Wexford

Pre-Booking required:

Expressions of interest to

Annette Dupuy

annette.dupuy@wexfordcoco.ie

087-6095565